

### What to do in the following scenarios

**1. I am fine, my child has very mild symptoms (runny nose). I am holding them home from school, but not testing to see where things go (per the current recommendations).**

You can go to work and should wear PPE and keep physical distance.

**2. I am fine, my child has symptoms consistent with COVID and has tested negative.**

You can go to work as you would normally.



**3. I am fine, my child has symptoms that merited testing, but I don't have results.**

You can go to work and should wear PPE and keep physical distance.

**4. I am fine, my child has been sent home from school because of an exposure, but is also fine.**

You can go to work as you would normally until scenario 1 or 2 develops.

**5. I am fine, but my child has tested positive for COVID.**

You can expect to be self-isolating for 14-24 days, as directed by Public Health.

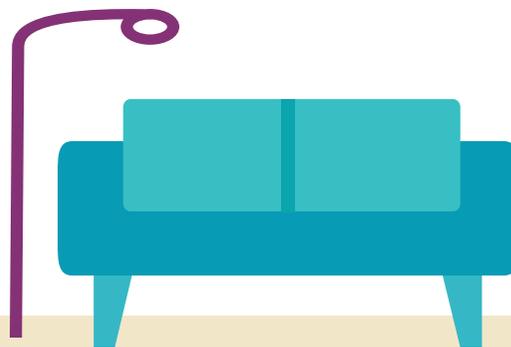


**7. I have tested positive for COVID.**

You should stay off work until approved to return by Public Health.

**6. I have symptoms compatible with COVID.**

You should not come to work; go get tested and stay at home until you have a negative test and have no infectious symptoms (see Scenario 8).



**8. I have tested negative, but have ongoing symptoms that include diarrhea or significant respiratory symptoms.**

You should not come to work until your symptoms have resolved, as even if you do not have COVID-19, it is best to avoid spreading potentially infectious diseases of any kind at work.

**\*symptoms that indicate that your child should be tested now are:**

**fever   cough   chills   shortness of breath   vomiting   diarrhea   loss of smell**

*Other symptoms, such as running nose and sore throat are more likely to be due to other pathogens*

For information on **Quarantine Income Replacement** - visit **Doctors of BC Insurance & Benefits During COVID-19**

<https://www.doctorsofbc.ca/your-benefits/insurance/insurance-benefits-during-covid-19>



Email [posh.covid@ubc.ca](mailto:posh.covid@ubc.ca) question, concerns, possible exposures, etc. POSH operates 8 am to 8 pm, Monday to Saturday and will get back to you as soon as possible

